

Northern Lake District Wainwright Bagging Holiday – The Central Fells

Trip style: Challenge walks

Destination: 📍 Lake District

Trip code: DBK07-WBH01

Grades: 1-6



HOLIDAY OVERVIEW

Wainwright's third fell guide covers the high ground bordered by Borrowdale, Thirlmere, Grasmere, Rydal and Langdale, and includes hills ranging from the iconic mountain classics of the Langdale Pikes to little-explored ridges above Watendlath. In this week, not only do we climb all 27 of Wainwright's named Central Fells, we also explore routes between these well-loved valleys that would be impracticable if travelling by car. The Central Fells feature 8 mountains that are over 2000ft, so a good head for heights is a must on this challenging holiday!

WHAT YOU'LL LOVE

- Follow in the footsteps of Alfred Wainwright exploring some of his favourite fells
- Bag all of the summits in his Central Pictorial Guide
- Enjoy challenging walking with wonderful views and a great sense of achievement
- Admire panoramic mountain, lake and river views from fells and peaks
- Let an experienced walking leader bring classic routes and offbeat areas to life
- Enjoy magnificent Lake District scenery
- Stay in a beautiful country house where you can relax and share stories of your day in the evenings

WHAT'S INCLUDED

- Comfortable en-suite accommodation in our country house
- Cream tea on arrival day
- Cooked or continental breakfast every morning
- Daily packed lunches
- Three-course evening meals, plus tea & coffee
- Guided walks with experienced HF Holidays Leader
- All transport to and from walks where necessary

TRIP SUITABILITY

This trip is graded walking Activity Level 6. We explore the Central Fells with long distance walks covering vast amounts of ground. This holiday is designed for experienced walkers who have good levels of fitness.

Your fitness

This holiday has been designed for experienced walkers with a good level of fitness. Having a solid base of fitness before your holiday will ensure you've the best chance of completing the holiday and enjoying it to boot. Here's a few simple tips to help you get fit and ready for your challenge:

- Get out walking – whatever the weather, get out there, and start building your fitness months before your holiday
- Build your distance gradually and get a number of 6–8hr hill days in
- Ideally, try and do two consecutive days training if possible
- Take the stairs every time
- Train on different terrain
- Train with your day pack and your walking boots too, to ensure they're well worn in before your holiday
- Other sports help improve your walking fitness too. The best ones are jogging, cycling, swimming, which will

build your stamina, and yoga which will help strengthen your core and improve balance

Time training will help ensure you enjoy your holiday to the max.

ITINERARY

Day 1: Arrival Day

Check-in at the hotel is available from 16:00. If you are a member you can arrive at the house from 14:00. Enjoy a complimentary cream tea at 16:30 and meet other guests.

Day 2: Grasmere and Rydal summits

Distance: 11 miles (17km) Total Ascent: 2,750 feet (850m) An easier start to a spectacular week. We travel to Rydal, and climb lovely Loughrigg Fell. The ridge continues over Silver Howe above Grasmere and onto Blea Rigg above Langdale. Return via our highest point Tarn Crag, and Far Easdale to Grasmere for some well-earned refreshments and the coach home. We'll bag 4 Wainwrights today.

Day 3: Above Watendlath

Distance: 13 miles (21km) Total Ascent: 3,300 feet (1,020m) We begin with a short coach or Derwentwater launch journey to Lodore, then ascend the beautiful Grange Fell via King's How and above Watendlath Tarn to Great Crag. We climb onto the central spine of the Central Fells at Ullscarf, then continue northwards over the lonely Armbboth Fell to High Tove before dropping down to Watendlath hamlet. A chance for a cuppa at the tea shop, then down to Derwentwater and the coach/launch home. A long but adventurous day covering 5 Wainwrights.

Day 4: Free Day

Discover more about Derwent Bank and the local area for ideas on how to make the most of your free day.

Day 5: Langdale Pikes to Borrowdale

Distance: 8 miles (13km) Total Ascent: 2,850 feet (880m) Journey to Dungeon Ghyll in Langdale, where we start with our first summit of the day, Pike o'Stickle via Loft Crag - high above the magnificent rock scenery of Langdale. Our route continues over Harrison Stickle, the highest of the Langdale Pikes, and via Pavey Ark and Thunacar Knott to Sergeant Man and High Raise, the highest Central Fell. An unusual descent takes us along the Coast-to-Coast path down Greenup Gill to Rosthwaite in Borrowdale and the coach home. We'll cover an impressive 7 Wainwrights today.

Day 6: Cross-country from Borrowdale to Grasmere

Distance: 11½ miles (18.5km) Total Ascent: 2,900 feet (900m) We travel back to Rosthwaite to tackle the exciting ascent of lowly Eagle Crag with its fabulous views of Borrowdale. We follow the ridge to Sergeant's Crag, to cross the central spine at Greenup Edge, then along the long ridge to Calf Crag and on to Steel Fell. Our walk back takes us via Gibson Knott to the delightful Helm Crag, from where we descend to Grasmere in time for a pint or a cuppa before our coach home. A day of magnificent rock scenery and delightful views and 6 more Wainwrights.

Day 7: From Thirlmere to Keswick

Distance: 11½ miles (18.5km) Total Ascent: 2,850 feet (880m) Our final day is spent high above Thirlmere and Derwentwater. We travel to Dale Bottom and ascend High Rigg, then drop down to the shores of Thirlmere and onto Raven Crag, set impressively above the reservoir dam. A long detour takes us on to High Seat and northwards along a fine ridge to Bleaberry Fell and Walla Crag. The final 5 Wainwrights will be ticked off and we can celebrate our achievement back at the house.

Day 8: Departure Day

Enjoy a leisurely breakfast before making your way home.

Derwent Bank

Adored by poets, painters, and literary giants for centuries, the Lake District has always had an irresistible pull. It's no surprise, then, that this country house near the market town of Keswick holds such appeal, not least for its setting in lovely grounds that slope down to the shores of Derwentwater. The location couldn't be more perfect; to the west is Cat Bells, to the east is Keswick, Walla Crag, and Latrigg, and to the south is the entrance to the Borrowdale valley. There's a wealth of big-name attractions within easy travelling distance, including Blencathra, Helvellyn, and Ullswater. Also visit-worthy for walkers is Scafell Pike for its well-trodden routes and trails and the 73-mile-long Cumbria Way for its mist-shrouded peaks, glacial valleys, and many excuses for pit-stops and picnics.

A warm welcome

We want you to feel comfortable from the moment you arrive. You'll find a welcome pack in your room with guest registration forms, menus, order forms for dinners and picnic lunches, the Wi-Fi password, and the front door code. Our houses are locked at night, so we recommend noting the Duty Manager's number on arrival in case of an emergency (or getting locked out).

Evening entertainment

While evening entertainment varies from house to house, HF Holidays Inter-House Quiz night held after dinner on Wednesdays is a weekly staple. Your HF Holidays leader may be around for tips on guided and self-guided walking routes as well as visit-worthy local attractions.

Walks talks

Our HF Holidays walk leaders host guided walking information briefings before dinner on guided walking holiday arrival days. This is followed by a group Walks Talk for information on the following day's guided walks (held before dinner every evening). Self-guided walking guests are, of course, welcome.

The walking day

Prior to setting off on guided walks, your HF Holidays Leader will run you through a short safety briefing. There's also an up-to-date weather forecast on display at the house to ensure you have appropriate clothing and footwear. If you choose to do your own walks or are on a self-guided walking holiday, we ask that you please complete an Independent Walker Card each day. These can be found near the Discovery Point in the house.

Walking safety - SHARED WITH ALL

Walks may be changed for safety reasons and are subject to a maximum and minimum number of guests. Leaders always consider the safety of the group as a whole, and may need to alter or curtail the walk if the conditions dictate. Your leader may refuse to accept a guest where clothing, equipment or behaviour is unsuitable. In the event of a problem all leaders carry a mobile phone, first aid kit, group shelter, spare maps and a compass. Please note: If you choose to leave the group your leader is no longer responsible for you. If you have a particular health condition or disability please put this on your guest registration form. This information will be confidential to your leaders and the house manager, but leaders do need to take account of any issues when planning walks. Please carry a copy of these trip notes with you, or note down the contact phone number for your accommodation (details in the travel section) should you need them in case of emergency.

Packing list - UK Guided Walking

The UK has a famously unpredictable climate so it's best to be prepared for weather that's sunny one minute and raining the next. To make it easier, here's a list of items you should consider packing. Essentials Suitable footwear such as waterproof walking boots that provide ankle support and good grip Waterproof and windproof jacket Comfortable clothing (jeans & waterproof capes are not suitable) Mid-layer(s) to keep you warm. Fleeces make a good choice Waterproof overtrousers Gloves and a warm hat Rucksack with waterproof liner Flask for hot drinks Water bottle (at least 1 litre capacity) Sunscreen UV sunglasses For holidays operating October through to the end of March, please also bring the following on your walks: spare warm clothing spare high energy food head torch and spare batteries please note for the October to March season your waterproof jacket needs to offer a high level of waterproofing and wind resistance, and a hood. Look for a waterproof jacket with sealed/taped seams and a minimum HH (hydrostatic head - this is the rating given on waterproof jackets) of 10,000mm+ Recommended Several base layers (long-sleeve or short-sleeve) Cushioned walking socks to avoid blisters First aid kit, including plasters and insect repellent Sit mat Waterproof pouch for valuables Rubbish bag (remember to always leave no trace) Wallet/purse Camera Walking poles
